I Wish I Knew

拍數: 64

級數: Intermediate

編舞者: Gary Steele (UK)

音樂: Ooh La La - Rod Stewart & The Corrs

ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, LEFT COASTER 1/4 TURN, HOLD

- 1-2 Rock forward onto left foot, recover weight onto right
- 3-4 Rock left foot to left side, recover weight onto right
- 5-7 Step back on left foot making a 1/4 turn left, close right foot, step forward onto left Hold 8

RIGHT ROCKING CHAIR, POINT FORWARD, SIDE, HITCH, ¼ TURN LEFT

- 1-2 Rock forward onto right foot, recover weight onto left
- 3-4 Rock back onto right foot, recover weight onto left
- 5-6 Point right toe forward, out to right side
- 7-8 Hitch right knee next to left, keeping the weight on the left make a 1/4 turn left

GRAPEVINE RIGHT. POINT, HITCH TWICE

- 1-4 Grapevine to the right touching left next to right for count 4
- 5-6 Point left to left side, hitch left knee next to right
- 7-8 Point left to left side, hitch left knee next to right

GRAPEVINE LEFT TOUCH. KICK-BALL CHANGE TWICE

- Grapevine to the left touching right next to left for count 4 1-4
- 5&6 Kick right foot forward, step back on ball of right, change weight onto left
- 7&8 Kick right foot forward, step back on ball of right, change weight onto left

WALK, WALK, WALK, KICK, ¼ TURN, ½ TURN, ½ TURN

- 1-2 Walk forward right, left
- Walk forward right, kick left foot forward 3-4
- Step left to left side making a 1/2 turn left, step right to right side making a 1/2 turn left 5-6
- 7-8 Step left to left side making a 1/2 turn left, hold

CROSS STRUT, BACK STRUT, BUMP HIPS

- 1-2 Cross right toe over left foot, place right heel down
- 3-4 Step left toe back, place left heel down
- 5-8 Step right to right side, bumping the hips right, left, right, left

GRAPEVINE ½ TURN SCUFF, GRAPEVINE ¼ TURN SCUFF

- 1-2 Step right to right side, cross left behind
- 3-4 Step right foot forward making a ¼ turn right, scuff left foot forward making the other ¼ turn
- Step left to left side, step right behind 5-6
- 7-8 Step left foot forward making a 1/4 turn left, scuff right foot forward

ROCKING CHAIR, STEP PIVOT ¼, CLOSE, HOLD

- 1-2 Rock forward onto right foot, recover weight onto left
- 3-4 Rock back onto right foot, recover weight onto left
- 5-7 Step forward right, pivot a 1/4 turn left changing weight, close right next to left
- 8 Hold

REPEAT

There are 2 tempos in this piece of music. The fast tempo is the one you want to dance to, if you slow it down





牆數:4